

# JULY

## Neighbourhood Name

\*Please Always check the daily poster boards on Main Street for any changes to the schedule

F— Florence Meares  
Seniors Center  
T—Town Hall  
B – Basement  
C— Cafe  
H - Hobby Shop

**PAL Coordinators ( Ext. 1887)**  
Bhavini Mistry  
Ben Weiler



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<b>1 Canada Day</b> No PAL programs	<b>2</b> 10:00 Sit and Be Fit (F) 11:00 Morning Stretching (F) 4:15 Standing Strong (F)	<b>3</b> 9:30 Swimming (Sign up) (TH) 4:00 Yoga/Tai Chi (F)	<b>4</b> 10:00 Sit and Be Fit (F) 11:00 Sit and Be Fit (F) 4:15 Standing Strong (F)	<b>5 Rest Day</b> No PAL programs
<b>6 Rest Day</b> No PAL programs	<b>7</b> 10:00 Sit and Be Fit (F) 11:00 Fit on Your Feet (F) 4:00 Outdoor Walk (T)	<b>8</b> 10:00 Sit and Be fit (F) 11:00 Fit on Your Feet (F) 2:30 Balance Bars (Sign Up) 4:00 Strength and Conditioning (B))	<b>9</b> 10:00 Sit and Be Fit (F) 11:30 Brain and Body Exercise Video (TH) 4:15 Standing Strong (F)	<b>10</b> 10:00 Sit and Be Fit (F) 11:00 Fit on Your Feet (F) 4:00 Yoga/Tai Chi (F)	<b>11</b> 10:00 Sit and Be Fit (F) 11:00 Sit and Be Fit (F) 4:15 Standing Strong (F)	<b>12</b> 10:00 Sit and Be Fit (F) 11:00 Sit and Be Fit (F)
<b>13</b> 11:00 Morning Stretching (F) 4:00 Standing Strong (F)	<b>14</b> 10:00 Sit and Be Fit (F) 11:00 Fit on Your Feet (F) 4:00 Outdoor Walk (T)	<b>15</b> 10:00 Sit and Be fit (F) 11:00 Fit on Your Feet (F) 2:30 Balance Bars (Sign Up) 4:00 Strength and Conditioning (B))	<b>16 Rest Day</b>	<b>17</b> 9:30 Swimming (Sign up) (TH) 4:00 Yoga/Tai Chi (F)	<b>18</b> 10:00 Sit and Be Fit (F) 11:00 Sit and Be Fit (F) 4:15 Standing Strong (F)	<b>19</b> 10:00 Sit and Be Fit (F) 11:00 Sit and Be Fit (F)
<b>20</b> 11:00 Morning Stretching (F) 4:00 Standing Strong (F)	<b>21</b> 10:00 Sit and Be Fit (F) 11:00 Fit on Your Feet (F) 4:00 Outdoor Walk (T)	<b>22</b> 10:00 Sit and Be fit (F) 11:00 Fit on Your Feet (F) 2:30 Balance Bars (Sign Up) 4:00 Strength and Conditioning (B))	<b>23</b> 10:00 Sit and Be Fit (F) 11:00 Morning Stretching (F) 4:15 Standing Strong (F)	<b>24</b> 10:00 Sit and Be Fit (F) 11:00 Fit on Your Feet (F) 4:00 Yoga/Tai Chi (F)	<b>25</b> 10:00 Sit and Be Fit (F) 11:00 Sit and Be Fit (F)	<b>26 Rest Day</b> No PAL Programs
<b>27</b> 11:00 Morning Stretching (F) 4:00 Standing Strong (F)	<b>28</b> 10:00 Sit and Be Fit (F) 11:00 Fit on Your Feet (F) 4:00 Outdoor Walk (T)	<b>29</b> 10:00 Sit and Be fit (F) 11:00 Fit on Your Feet (F) 2:30 Balance Bars (Sign Up) 4:00 Strength and Conditioning (B))	<b>30</b> 10:00 Sit and Be Fit (F)	<b>31</b> 9:30 Swimming (Sign up) (TH) 4:00 Yoga/Tai Chi (F)		